

**Female Adolescent During Puberty in Zambia Culture and traditions**

**PowerPoint presentation**

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## Abstract

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| Abstract<br><p>There have been lots of discussions about female adolescents during puberty in Zambia due to the unique initiations, rituals as well as the celebrations. This is called the "Chisungu" which is the female cultural and traditional celebration when they reach puberty stage. The unique studies of these initiations among Bemba and other tribes are one of the traditions that remain up to this day since the centuries, which the ancestors went through them as well. The initiations and the ceremonies still happen today but they are much lighter than before.</p> <p>The aim of this thesis is to promote the knowledge of school teachers on female adolescents, specifically with diverse cultures when helping them during the puberty stage. This thesis is aimed at the traditions and the happenings during female puberty from the age 13-18 in Zambia.</p> <p>This thesis is written using evidence-based materials from reliable sources and according to the LAB University of Applied Sciences' thesis guidelines. This practice-based thesis was carried out using the PDSA (Plan, Do, Study and Act) model. A PowerPoint was implemented to provide more information about what female adolescents go through during puberty stage in Zambia. This knowledge also promotes safety and well-being of adolescents during the puberty stage.</p> |                                 |                         |
| Keywords<br>adolescents, chisungu, culture and traditions, Labia elongation  |                                 |                         |

## Abstract

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| Tutkinto ja koulutusala<br>Sairaanhoitaja (AMK)  |                               |                         |
| Abstract<br><p>Sambiassa on käyty paljon keskustelua murrosikäisistä naisista ainutlaatuisen vihkimysten, rituaalien ja juhlien vuoksi. Tätä kutsutaan "Chisunguksi", joka on naisten kulttuurinen ja perinteinen juhla murrosiän saavuttaessa. Ainutlaatuiset tutkimukset näistä initiaatioista Bembojen ja muiden heimojen keskuudessa ovat yksi tähän päivään asti säilyneistä perinteistä, jotka alkoivat myös esi-isänsä läpikäyneiltä vuosisadoilta. Vihkimisiä ja seremonioita tapahtuu vielä tänäkin päivänä, mutta ne ovat paljon kevyempiä kuin ennen.</p> <p>Tämän opinnäytetyön tavoitteena on edistää koulun opettajien tietämystä naispuolisista nuorista, erityisesti monikulttuurisista nuorista, auttaessaan heitä murrosiässä. Tämä opinnäytetyö on suunnattu naisten murrosiän perinteisiin ja tapahtumiin 13-18 iästä Sambassa.</p> <p>Tämä opinnäytetyö on kirjoitettu käyttämällä luotettavasta lähteestä peräisin olevaa näyttöön perustuvaa materiaalia ja noudattaen LAB Ammattikorkeakoulun opinnäytetyöohjeita. Tämä käytäntöön perustuva opinnäytetyö tehtiin PDSA (Plan, Do, Study and Act) -mallilla. Powerpoint otettiin käyttöön antamaan lisätietoja siitä, mitä nainen käy läpi murrosiässä Sambassa.</p> <p>Tämä tieto edistää myös nuorten turvallisuutta ja hyvinvointia murrosiässä. Lisäksi tarkoituksena on antaa riittävästi tietoa jatkotutkimuksia ja mahdollista vertailua varten suomalaisiin menettelyihin</p> |                               |                         |
| Keywords<br>Teini-ikäinen, Nuori, chisungu, kulttuuri, Labia   |                               |                         |

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Appendix 1. PowerPoint Presentation

Appendix 2. Appendix title

## 1 Introduction

Female adolescents during puberty in Zambian culture undergoes cultural rites from the age of 13 years old to 18 years of age, This is called chisungu. Chisungu, or female initiation rites, is the process of the ceremony, which lasts for a month when the girl reaches puberty. It is an official ceremony or activity which is a significant occasion in a girl's life, especially now that she is considered a young female becoming an adult soon. (Fumpa-Makano 2019, 23.)

Chisungu is a cultural way that serves to transfer young female status from one status to another as she reaches puberty. She is still a child, but in a way that, she has now reached puberty, she must be given a new status from childhood to young womanhood, which is around 13-18 years old. These initiation ceremonies must take place to educate and teach adolescent females about adult life. (Gluckman 2019, 23.)

This is the Zambian culture and tradition that marks the start of adulthood from childhood of a girl child. This initiation ceremony takes place when a girls see their first menstrual blood. These ceremonies are done to celebrate the attainment of sexual maturity and puberty rights. (Richards 2021.)

Regardless of female adolescents during puberty in Zambian culture, the changes are the same in female adolescents. When it comes to female transitioning, it is the same process in all adolescent female, which result in the physical and hormonal increase that stimulates the production of sex hormones, and it is called primary oestrogen. Maturation of the body changes like breasts, ovaries, uterus and vagin; at this point, the reproduction system is dominantly active during this stage. (ALS 2021.)

The levels of hormones the pituitary gland produces, as well as the follicle stimuli hormones, are the causes of these changes; these levels of hormones are very active and high, but in the later stage, they will begin to decrease soon (Carissa 2022).

World Health Organisation public health literature refers to female adolescence puberty as complex and unique during the early phase of female adolescence. Puberty in adolescence is typically referred to as the transitioning development from female childhood to adulthood, and they all have unique meanings and characteristics. (WHO 2022.)

## 2 Zambia History and Culture

Zambia gained independence on 24 October 1964 under the president of Kenneth Kaunda, a nationality leader who fought against the colonial federation of northern Rhodesia now called Zambia. Zambia is a peaceful country because it is considered as a Christian nation. However, the people place a high importance on their cultures and traditions, particularly in rural areas where female adolescents' initiation and ritual rites must be carried out.

They are seventy-two different languages in Zambia the common language is called Bemba which almost every Zambia person speaks. However, English is the official language. But all these tribes the chisungu initiation rites and ceremonies happens in all tribes similar to Bemba tribe (Guckman 2021).

The chisungu of the Bemba people usually describes as the ritual rights of the female adolescent when they reach puberty. This is a girl initiation ceremony they are long and elaboration success of the rituals, the ceremonies include dancing, different Zambian cuisines, and singings (A Richards). These culture and tradition during the girl's puberty is the happy moments for them as they think the young female will in future become a wife and a mother. The ceremonies are held to celebrate the attainment of sexual social puberty and tribes' celebrations. The culture chisungu community is essential due to the introduction of the training and the content of a young woman because they think that these young women at some point later in their life will contribute to the community and society.

The adolescent pregnancies were being calculated and most of the women who were pregnant were less than 18 years of age. The study is mainly focused on the factors of female adolescent engaging themselves in earlier sexual activities and earlier pregnancies. Due to these strong teaching and rituals and rites can impact female adolescents' mindset and can result in themselves having adults' activities, they might think that they know everything now. The nachisungu teachings are based on traditional and rituals teachings so there's no connections between school deductions and rituals teachings. Sometimes the female adolescent might have strong beliefs in these teaching than real life education. Adolescent pregnancies are the main factors in public health development global worries. Health survey shows that the prevalence of the adolescent pregnancy in Zambia has continued or increased, according to the Demography and health survey.

## 2.1 What is Chisungu?

The chisungu are purely connected to the supernatural rituals, which ensure and believe that they can cause changes in this young woman undergoing chisungu, meaning puberty stage. During the time of the chisungu, there are strong rituals and special teachings concerning marriage and the submission of a young female to her future husband later on in her life; these are very strong traditions and values of respect. (LaFontaine 2020.)

Nachisungu, a female puberty initiation celebration, takes place for about a month. An older woman prepares and teaches adolescent females the rites. The older woman is called Nachibusa (mistress of the ceremonies); she is usually accompanied by many other women so that they can arrange and negotiate who is going to sing, dance, act and celebrate this nachisungu girl. (A Richards 2013). The women who prepare the ceremonies towards the other preparation to teach the young nachisungu females to prepare them for womanhood. At this stage, the girls have been kept in the house and taught a lot. These ceremonies are done especially by Bemba tribes. These teachings sometimes can include the teaching of the marriage later when they are ready to get married. Most of the time, these initiation ceremonies and teachings happen in rural areas and villages where they are more strictly when a young female gets her puberty. The female initiation celebration into adulthood in other tribes in the eastern province is called Chinamwala and Chisungu in the northern part of Zambia.

The parents are not allowed to be part of the teaching, so they must hire nachibusa, the mistress of the ceremonies and the teachings. It is very important that rituals and rites have been provided to this young adolescent female. (Haynes 2015). The participants of the ceremonies and rituals are women without the presence of a man; these teachings are only for females from adolescence to womanhood. Chisungu rite in Zambia is particularly important in the Southern part of Africa. (Johnson 2018.)

### 2.1.1 Female adolescent preparation into young woman adult

An adolescent female at this stage is separated from the community and kept in the house so that she can be taught and receive the teaching and instruction from bana chimbusa, called mistress of the ceremony and the teachings. Bana Chimbusa will now start educating them about sex, motherhood, hygiene, respect and anything she must learn to do in her adult life (Brown2014). Bana chimbusa now teaches female adolescents how they should

take care of themselves during these milestones of womanhood. After that, the girl is reintroduced to the community; at this stage, the girl now shows respect by kneeling before their instructors once she is called.

The separations are to make sure that there are changes in the social roles of the young female adolescent. This is usually done so that they bring the parents and the relatives to see if the girl has learnt, grown, and is fit to take place for her new role. (Brown 2017). These ceremonies are extremely expensive because bana Chibusa elderly women must be paid. Bana chibusa believes that they have natural powers to take place in this adolescent life under their treatment care and make the changes and secure the transition of the girl's life (Gluckman 2016).

The chisungu initiation celebration has important rituals that are performed during chisungu rituals that can be shown clearly to the community and society. (la Fontain 2016). The ceremony usually lasts about a month, and at this point, all the teachings have been provided according to the rites. In the end these ceremonies are extraordinarily successful. During those processes, the men and parents of a chisungu cannot participate in or instruct their child in any of the rituals as it is considered a taboo. The demonstrations are only done by women. The nachibusa called mistress or the teacher, are highly experienced and are well paid (Brown, 1963-2021).

The chisungu negotiation ceremony has certain rites and rituals passages which are demonstrated during chisungu rituals. This ritual has been practiced for years until this date. The occurrence female is the ceremony traditions and submission greeting to the elders in the village in order of the superiority. At the end of the of the chisungu which is called reintegration those female adolescents who successfully accomplish their teachings are then reintroduced to the as a new young adult. (Lafontaine 2021.)

These teachings have been produced by the Nachibusa using their tradition knowledge which is presented in materials form by the indigenous knowledge handed down. (Gluckman 2021). In school even though they teach about puberty, but very little information teachers do not really teach that much about sex like in school which has produced unwanted pregnancies in adolescents (Paul 2018). Premature birth is also a common outcome of early pregnancy, which also raises the risk of medical issues for the young girls and increases maternal mortality. Continuous medical treatment is important, but because of poverty and inadequate infrastructure in the rural areas, these young girls are unable to receive it. Early pregnancy can be harmful to the mother's health as well as the growth and wellbeing of the unborn child. Pregnancy may also cause the females to stop attending school. If they don't



go to school, their opportunities are limited. Pregnancy may also cause the females to stop attending school. If they don't go to school, their opportunities are limited. (Labous, 2015)

In Zambia is major factor that adolescent pregnancy occurs ranged from 29 percent to 48 percent would end up pregnant (Malunga 2022). Between 2018 the Zambian adolescent about 29,1 percent gave birth during that year of 2028. The vulnerability can come suddenly, and it has been observed especially among the girls. The negative peer pressure among the girls can impact and influence the girl's ability to cope the current situation during those stages. Friends, traditional teachings can influence the female adolescent decisions during this stage. Because the adolescents have so much schoolwork going on the home life and social life, they can affect the way of their thinking.

Traditional ritual rites teachings might affect peer pressure in this female adolescent life. Sometimes they can have low self-esteem and sometimes they might think that they can handle adult life properly since the teaching have been achieved. Peer pressure can create negative and encourage negative behaviours and negative habits in teens life. During the rituals and rites teachings female adolescent is isolated from the family and friends these can create depression and peer pressure and anxiety and this could lead in teenagers engaging themselves in negative behaviours (Mrug, 2013). After the teaching this could result in a way that adolescent is at high risk of engaging themselves in sexual activities earlier which could result in pregnancy. The female adolescent pregnancies are described as a child pregnancy especially when a woman is less than 18 years of age. The conclusion and the evidence and report at the health care centres women who were pregnant were less than 18 years of age (Chae, 2020).

## 2.2 Reason and Importance of Chisungu female rite

The initiation of these teachings is to educate the female adolescents and prepare them for womanhood so that they can get the knowledge and one day be ready for marriage and how to take care of themselves. In the community and at school, the main focus is the sexual maturity of the rituals. The chisungu female initiation rites have been for decades and continue to this day, and the celebration lasts for about a month. The initiation rites are a way to show that a woman plays a significant role and position in their family, society and community.

Chisungu is an official ceremony, which is an important stage of a female adolescent life becoming an adult (Gough, 2021). Chisungu is the initiation ceremony that usually takes

place among the Bemba people of Zambia. Richards (2017). This is the right way of teaching a young female the passage to the beginning of adulthood from childhood to adulthood. This happens when the girl reaches puberty, which is around 13 to 18 years old. The initiation always happens when a female adolescent sees her menstrual period blood for the very first time. The main reason for these educative teachings is to prepare a girl for adult life.

The ceremonies are especially important because the attainment of sexual and puberty rituals reflects the Bemba tribe's pride. This initiation, the chisungu gives the female adolescent free accessibility and the secrecy knowledge that defines them as women. All the teachings and knowledge are provided by an older woman called Bana Chimbusa. These ceremonies sometimes reinforce society and are mandatory obligations of marriages and the set of the kinship group (Murdock, 2016).

The chisungu to the community and society is essential because it introduces well-trained young women who are well-mannered and well-taught and for them to be ready for positive contributions to the society and the community. Chisungus female adolescent initiations play a very important role in the training for the activities and the roles to take place in the society when they reintegrate. The female adolescent ceremonies play an important role because they reinforce social obligation and they set up the kinship group that signified the chisungu to the society. The chisungu to the society is very fundamental as they introduce the so-called well-trained, brave young female who is competent and ready to contribute to the society and the community. The common feature of the chisungu obligation is the seclusion of the candidate for some time under the authority of the older people, mostly older women. (Murdock 2019.)

The focus of these rituals and rites is to acknowledge the girl's puberty maturity as well as the changes in the social status to young female adulthood. The menstrual period for the first time is very important. The rites have been there for thousands of years in Zambia as part of traditional initiations, and the ethical skills are better than the sexual training.

### 2.2.1 Physic and Spiritual change

In Zambian Culture, female adolescents during puberty have the highest percentage of child marriage due to strong teaching. When a girl gets her puberty, especially in rural areas, teenage pregnancy has contributed to the highest fertility, and the population has rapidly grown (AHO 2019.) The female adolescent ceremonies play an important role because they reinforce social obligation and they set up the kingship group that signified of the chisungu to the society. The common feature of the chisungu obligation is the seclusion of the candidate for some time under the authority of the elderly people, mostly elderly women. (Murdock 2019.)

The chisungu negotiation ceremony has certain rites and ritual passages which are demonstrated during chisungu rituals. These rituals are repeated for years until this date. The traditions and submission greetings that women give to the village elders in order of supremacy are part of their ceremonies. At the end of the chisungu, which is called reintegration, those female adolescents who successfully accomplish their teachings are then reintroduced to as new young adults. (Lafontaine 2021.) These teachings have been produced by the Nachibusa using their traditional knowledge, which is presented in materials form by the indigenous knowledge handed down. (Gluckman 2021). In school, even though they teach about puberty, there is very little information. Teachers do not really teach that much about sex, like in school, which has produced unwanted pregnancies in adolescents (Paul 2018). The chisungu is believed to be attached to supernatural rituals, which are believed to make girls undergo chisungu. This performance is performed for more than one girl at a time.

It is forbidden for mothers to teach their young female or initiate any kind of chisungu because it is believed spiritually that they might destroy a young woman's fertility if they give the teachings to a chisungu girl. Their mother cannot attend or be present during the spiritual teaching and ceremonies because they believe that this young woman might not be free if the mother is present because the mother might try to protect or defend the girl when she is being taught. The final ritual is well demonstrated strongly, traditionally and powerfully to transform this young female (Brown 2017.)

Zambian culture and traditions are important symbols of young female identity. Social changes during puberty in female adolescents in Zambian culture are more evidence that shows that is a girl is becoming more independent and spends more time with their peers. The Nachibusas elderly women try very hard to demonstrate and teach young females on

how to respect the elderly people by kneeling when greeting an elderly person. This instruction is given by demonstration; Nachibusa will show the girl how to kneel and greet an elderly person properly. (Gluckman 2017.) The chisungu puberty girls are, in a way, attached to these supernatural rituals which they think these rituals are good beliefs to cause changes in this young female undergoing chisungu puberty. The chisungu may be performed for more than one young female; these procedures include different roles, such as teaching them about marriage. (Lafontaine 2021.)

In conclusion, the chisungu girl female adolescent puberty aims to transform young females into responsible young women who are well trained and taught and might be ready to contribute to the community. Sexual maturity is mainly focused on the ritual called chisungu rituals. This includes many other aspects, such as teaching young females how to properly take care of themselves and how to help in the community. The rituals have the investigation to determine how successful the outcome is, which establishes that this young female has indeed been changed by the experience. These teachings have been produced by the Nachibusa, meaning the woman in charge using their traditional knowledge, which is presented in material form by the indigenous knowledge handed down. (Gough 2019).

### **3 Female rites according to the traditions and beliefs in Zambia culture include labia**

The labia are the inner vaginal lips which is folded on the skin of the vagina opening and sometimes are called outer lips. According to biology the labia are made to protect the and prevent opening of the vagina (JD Nguyen 2022).

But according to Zambian traditional rituals and rites, Labias are diamond of a woman they believe that these sensitive labia skin make a woman enjoy sex when she is ready for marriage. These traditions have existed for decades and in some rural areas of Zambia they still check the puberty girl if she has inner lips (Martinez Perez 2015).

These cultural traditions are instilled in children from an early age; teenagers may learn about them from their peers, depending on how their parents raise them. Zambia is a Christian nation, and some children from Christian homes may not learn about these customs and traditions until they are prepared for marriage. (Richards 2021).

Zambia has 72 different languages each one-off them have their own traditions and culture, but these rituals are mostly the same in each tribe or very similar. In Zambian culture and traditions women are never have maturation as it considered taboo. Every woman stays how she is born meaning no maturation or women circumcision for women.

#### **3.1 Meaning and Values of Labia elongation In Zambia**

The labia elongation is called Malepe means pulling the labia out because these rituals are so strong because they think that labia pressure a woman during sex and the more the longer, they are the better is for both partners during sexual intimacy when they are now married. The adolescence is taught during the teaching on how to pull out the labia and make them ready before marriage (Guillermo 2016).

Female genitals of labia elongation are very important in Zambian culture as it's so essential for a woman to have the labia pulling called malepe. Bana Chibusa will now show the women on how to pull out the labia called malepe during the teachings.

These teaching can also be taught at any age once they realised that young female never went for teaching during the puberty but now, she is ready for marriage Bana Chibusa can be hired at any time any age of a woman. Bana Chibusa is paid for these teachings of the rituals and rites. (Bagnol 2016).

These beliefs of pulling malepe (the labia) around womanhood are highly valued and respected especially when now woman is ready for marriage. The labia pulling are not only in Zambia but also the commonly tradition in Southern part of Africa.

### 3.1.1 Importance of pulling the labia

These cultural practices in Zambia are performed during pressures for sex benefit of both partners. Although the labia elongation is taught during female puberty it is strictly for marriage later in a woman life. The bana chibusa teach these young women to keep themselves pure until the day of marriage. So that when they are ready for marriage, they can have the benefits of sex pressure.

The rituals and rites strongly believe that during sexual intimacy the organism is highly achieved when the labia are longer. Woman is respected when she has labia long especially when she is about to get married, the bana chibusa will check these beautiful women to make sure that the malape are good in size. (Martinez Perez 2015).

### 3.2 Nachisungu female rites as part of the bemba religion and culture

The female initiation was introduced since 1930 or before this cultural female adolescent transformation has been going on for so long and still to this date. Parts of Zambia still celebrates the girl's first menstrual period especially in developing rural areas. These initiations cannot be ignored at any cost even the parents might not have the money the community contributes and make sure that young female undergo the rituals and the teachings ( Kalunde 2013).

The introduction of these female initiations has been the many topics globally.

It has been hard for European schoolers and church missionaries to understand the initiations and rites because they view them in a unique way and their point of view as part of indigenous culture. Before, chisungu is considered as the oppressive for female adolescent to young adult women, bus this day they are considered in a way that is the way to teach about sex and protection . (Gesleir, 2014).

The researcher's finds them as predominantly and does really tell the meaning of them. ( Kampugwe 2014).

Female initiations rites in Zambian culture includes some type of religious roles. The expression their initiation rites that might include the performances meaning that the nachibusa ritual reader can talk about them and teach the rites (Richard 2016). The meaning of Nachimbusa is called ritual leader or mistress master or highly experienced teacher mostly elderly women. During the ceremony, the Nachibusa hold the clay figuring in her hands then begin to dance sing at the same time showing the people women attending the rite ceremony. Nachibusa is immensely proud and happy woman who thinks that her supernatural powers have done miracles to these young women. Because at this stage when a girl or girls comes out of the teachings, they have learnt quite a lot. And now celebration can be appreciated (Hinfelaar 1994).

The word Mbusa means an ancient religious role of a woman (Hinfelaa ). Because the teaching is to educate female adolescent into a woman. These teaching change the girls during the rites from young female to young adult. Because the teachings are so long at least about a month during this time the girl is not allowed to talk or do anything or get out of the house even though she is not mistreated but kept in the house for the teachings (Tuner 2014 ).

These teachings during the rites sometimes can be exceedingly difficult because of the isolation of the girl not to see the parents. The women who participate the ritual rites have been told the girl has had her first menstrual periods. She is no longer a girl meaning that she must be taught the responsibilities and rites way of keeping her female body and prepare her for later stage of marriage (Turner 2024). After the initiation rites have been done, the nachibusa will be so proud of the girls, because they think that the girls has now earned wisdom and considered matured. They believe that her knowledge and wisdom throughout the rite's lessons. (Richards 2013)

### 3.2.1 Beliefs, religion and High God Called Lesa

Zambian culture and tradition beliefs that the heavenly God called Lesa is regarded as a creator of the universe and all the things under the planet since God made a man and woman. All these rites are organised and arranged with the local women before they begin to teach this young female the rituals. During this teaching, the women are told to respect men especially when they get married. Man is the head of the house and to bow before men especially elderly as well as elderly women (Hugo H2018). Christianity mostly do not

recognize this initiation and are not taught in the churches. But they are other regions that recognize these initiation rites.

Women hold important domestic roles in their homes which is taught to the female adolescent during the rites. The religions are important in Zambia culture which is also demonstrated at home. But some teachings are taught later during the wedding ceremony. At this point, the girl is taking care of her virginity as she is taught not to have sex before marriage. The initiation ceremony for young female adolescent called chisungu is referred when a girl gets puberty as mentioned above is longer celebration for them to teach the ritual acts.

Female adolescent puberty is described as the valuable time for young girls in Zambian culture now that the girl sees her periods for the very first time it is time for bana chibumbusa to now plan everything. In the villages they observe the young women closely and per attention to see if any changes begin to show. The sexual maturity is monitored from the society and the community it is mostly cultural observation than biological aspects. The elderly women demonstrate and preform sexually dances to teach young women later how to engage themselves in sexual activities. This is important tradition role for female initiation ceremonies in young adulthood. This time it is only adolescent reintroduced to the community and in public.



#### **4 Aim and Purpose**

The aim of this thesis is to promote the knowledge of school teachers on female adolescents, specifically with diverse cultures when helping them during the puberty stage. This thesis is carried out using Practice-based evidence. This thesis is a PowerPoint presentation for schoolteachers. The presentation would help to raise awareness around factors that affect female adolescent motivation at the puberty stage of their lives. Offering support for adolescents with diverse cultural backgrounds and giving them the knowledge of various kinds of specific needs can help them develop their capacity during this stage.

The Purpose of this thesis is to explore more about puberty in female adolescents in Zambia. This knowledge will also promote adolescent safety and well-being of adolescents during the puberty stage. Additional purpose is to give enough information for further studies and possible comparison to Finnish procedures.

## 5 Methodology

### 5.1 Practice based Method

In universities of applied sciences, thesis is either practice- or research-based. During the thesis planning stage, important data are acquired from Google Scholar, CINAHL, WHO, and PubMed.

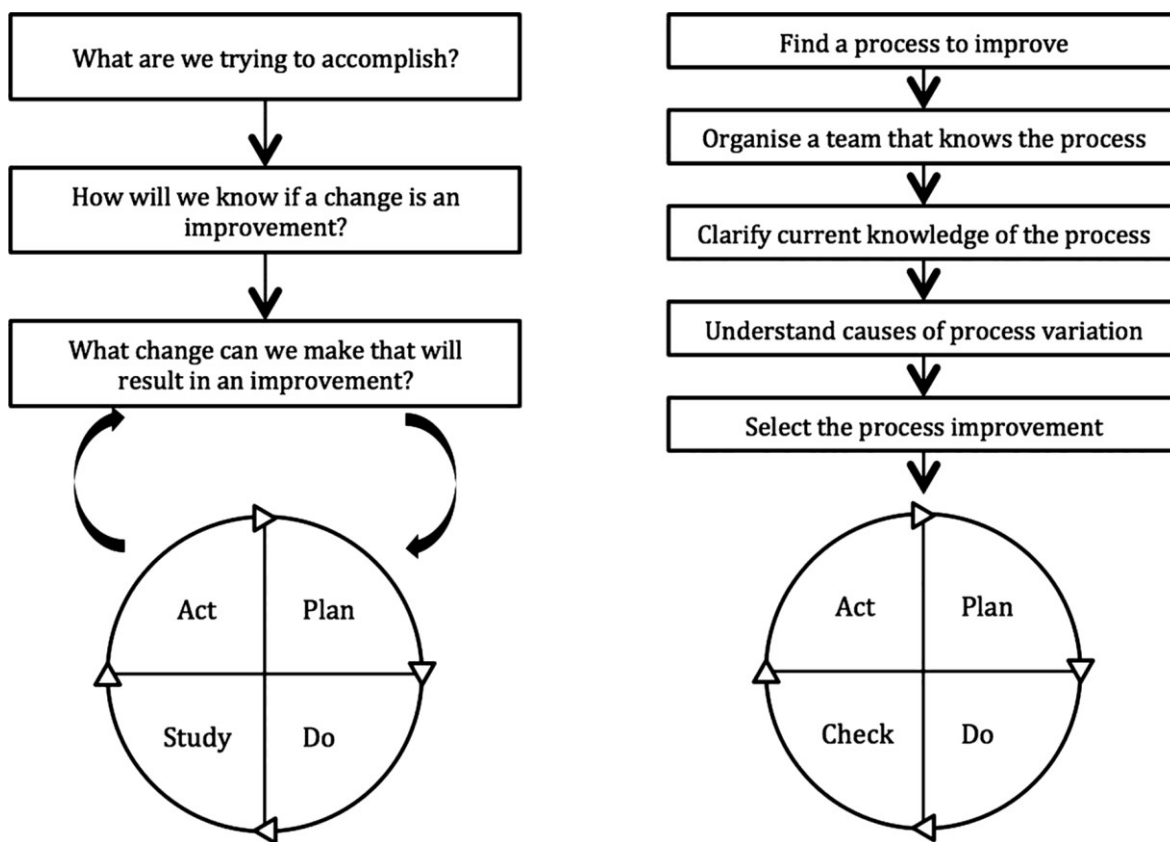
Practice-based methodology will be used for this research. This method is used to produce a PowerPoint presentation for the commissioning party. Practice-based thesis is a product, which can be an activity, event, or other different kind of product. Practice-based evidence demonstrates the educational knowledge and skills of the student. Practice-based thesis provides meaningful information and knowledge throughout the thesis writing, it is also referred to as "action research". Practice-based methodology gives the knowledge to gain the understanding through the readings, research, or it inquires to other leaders will know about my thesis writings. The interview, the survey, and other models of practice base research. Practice-based provides more actual information while authoring thesis. the focus of using practice-based method is to advance and give the knowledge about practice (Skains 2018).

### 5.2 PDSA model

PDSA model is used in carrying out this thesis, where P stands for plan, D as do, S as study and A as an act. This model offer a supporting mechanism for constant development and evaluating innovations in intricate healthcare systems scientifically. (Taylor M. et al; 2013). PDSA model is framework for creating, evaluating, and putting into practice changes that lead to improvement.

The PDSA model is used in this Practice-based thesis. The four stages of PDSA are Plan, Do, Study and Act. PDSA cycles have been used as a model for improvements. In the "plan" stage, a change aiming at improvement is recognized; in the "do" stage, the change is tested; in the "study" stage, the change's success is examined; and in the "act" stage, modifications and subsequent actions are identified to form a new cycle. The PDSA cycle is crucial for ensuring knowledge is recorded to enable organizational memory, local learning and reflection, and scientific quality (Taylor et al.,2014).

The figure 1 below describes the PDSA model (Plan, Do, Study, Act) which represents the steps involved in the development of the PowerPoint presentation.



PDSA model framework – The model used in carrying out this Thesis (Taylor M. et al; 2013)

## 6 Results

A PowerPoint presentation well detailed about the topic will be prepared at the final stage of this thesis. The research for the pp will be from reliable sources according to LAB thesis guidelines. Materials are chosen between 2005-2023 due to their validity. Zambia is a fast-developing country mixed with traditional approaches to female puberty (Haimbe 2021.); therefore, earlier writings are not relevant. Findings will be presented with PowerPoint presentation and concluded from different literary sources.

Professional communication is the key to reach out to these young adolescents to educate them and provide power-point presentation because it is easier to understand and share the knowledge. Creating power-point sometimes can be challenging but it is one of the most successful slides for professional use. The idea of the power-point presentation might have the positive influences especially to the readers and the audience.

### 6.1 Physiological factors

Labia elongation has detrimental physiological effects such as discomfort, swelling, itching, and having difficulty in urinating (particularly in the absence of pain) when girls clamped their labia with herbal stems or pegs to stretch them. Some researchers consider labia elongation as an aspect of societal and cultural norms that maintain female adolescents and young adults' sexual orientations; hence it increases their risk of contracting HIV infection, unwanted pregnancy, and other conditions. Certain beliefs and cultural rituals may potentially be a factor in the spread of HIV. According to their culture and belief, unprotected sexual intercourse is encouraged as it is considered that semen purifies the female genital. (UNFPA, 2020).

### 6.2 Psychological factors

These cultural rites have effects in adolescents that go beyond the physical factors, It also affect them socially and emotionally. These are associated to self-esteem and self-worth because the adolescents do not have the right of choice to decide when to have sex; and, they might have depression and anxiety of been isolated. For instance, some of the girls says that they like going through the cultural rites and feel empowered by learning about sex and being recognized as women. The message is that a girl's or woman worth's is determined by how attractive they are and how they can please men sexually. On the other hand, some girls said the rituals made them feel anxious and embarrassed because have to be isolated

in a room and their menarche status will be addressed in public rather than privately. (UNFPA, 2020).

### 6.3 Societal factors

Zambia has been on highest percentage of child marriage due to strong teaching when a girl reach the puberty stage especially in rural areas. Teenage pregnancy has contributed to the highest fertility and population has been rapid grown. (AHO 2019.) Girls who don't take part in these initiations and cultural rites face shame and intimidation from their peers and, most especially, from the men who will be their future spouses. Chisungu initiations and labia elongation is strictly connected to femininity, for example without elongated labia, a female adolescent is not considered feminine. And therefore, less desirable and less worthy. This concern about being judged may have social and emotional impacts, and they could have negative impacts on a girl's or woman's physical and mental health as well. Fear of judgment and stigma can inhibit them from seeking routine or even emergency gynaecological care. Some claimed they would anticipate embarrassment and discomfort when attending a nurse or physician consultation (UNFPA, 2020).

## 7 Discussion

### 7.1 Evaluation of the process

Nurses usually provide emotional support and well-being to female adolescent during the puberty stage because as a young woman this must be a very traumatizing and crucial moment of this young female. Nurse ensures that female adolescent understand and be prepared for the upcoming changes during puberty. It is important to listen to these young females and assess their physical, emotional, mental, cultural and spiritual needs during puberty. Nursing role in health promotion is essential especially when these young female reaches her puberty managing, counselling and finding educational programs to educate them so that they can understand that is very natural and normal during this stage. (Costa et al, 2018).

As a nurse is important to find resources for the adolescent young female and their families during this process of pubertal. Health promotion is very important in nursing practices as it is appropriate for the nurse's intervention to the adolescent in the development stage. The nursing role in health promotion during this stage of female puberty include different kind of support system the physical assessment advocacy psychosocial case management, counselling and female adolescent education because these are very important combination support systems.

The assessment priorities initiation of female adolescent puberty for the nurses is to address female adolescent anxiety, fear or panic attacks to identify problems barriers so that the treatment can be solved. Because when the adolescent reaches her puberty, she is concerned about her body changes images social I interaction as well as physical and emotional changes.

As Nursing perspectives what to expect during this stage of the treatment support either emotional, support or female needs medications to control her anxiety is to provide education and advice female adolescent and their families regarding normal puberty or the effects delays the testing goals and the expectations of the emotional support and treatment.

## 7.2 Power-point presentation Assessment

Power-point presentation for the thesis topic chosen is effective because it provides professional and communication skills to prevent the fear during the puberty. Power-point presentation for thesis topic chosen is easier to accelerate more information and get more knowledge on how to help and educate and prevent fear during the puberty stage in adolescent.

In order to attract the reader along, the authors try to keep in mind some of the key details regarding the readers and their level of knowledge. This helps in delivering the informations that are meaningful. Along with the other features like color, font, and background, the use of the slides should be straightforward and consistent. Good-quality pictures and important sentences that contain vital informations are included. A slide is a single page that is displayed on a screen; it is typically composed of the title, body, and any tables or figures that are being presented about a particular topic. It is important to utilize basic backgrounds and high contrast colors. It aids in giving the person with visual impairment clear vision. By utilizing brief text, white space, important and meaningful graphics or images, together with thoughtful selection of color, font size, and type, it further facilitates cognitive processing.(National Library of Medicine 2021.)

Thesis power-point presentation is considered useful because it is easier to present especially to the teacher or readers. Having an excellent power-point presentation is essential because it gives people ideas and the proposals on how to prevent and help and manage stress during this time. Power-point presentation is also known globally because it can be shared to other country that might also find a solution for the adolescent during puberty who are having difficulty times to copy with the stress or anxiety.

The reason to design power-point presentation is to allow professionals to make the stronger impact through the presentation. Using the power-point slides is necessary because it is the part of presentation that provides the meetings, gathering important information and communication idea. The slides are good for the audience.

### 7.3 Ethical Consideration and trustworthiness

When writing thesis, it is important to consider ethical principles during the research. The principles include confidentiality, the anonymity and the consents. This thesis is guided by LAB university of applied sciences. Writing thesis must be followed according to the guidelines of the usual university. Before publishing the thesis, it is important that the guidelines to publish the thesis have been followed accordingly (Finnish Advisory board on Research Integrity, 2019). Setting the principles when writing the thesis is a must because when collecting the information, the goal is that the process of the power/point practice best should be strictly followed, and the guidelines must properly set up for the thesis. In order to publish a reference range thesis, university of applied sciences must also follow these guidelines. Several guidelines are predicated on Finnish legislation, typically in cases when research is conducted by the Finnish National Board on Research Integrity (Finnish Advisory board on Research Integrity 2012.)

The goal when writing thesis, it is important that ethical consideration weather doing the research or practical base, or PowerPoint thesis principles are set according to the guidelines as well as the law. Ethical considerations are important elements tools in research. Ethical principles matter for the educational integrity the university human rights and the dignity. The principles when writing thesis must be ensured that the participant in studies is mandatory so the information should be safe for the chosen topic subject. The idea of thesis writing and ethical consideration to the university and society because it must justify the rights and the dignity

Trustworthiness is defined as the product findings that reflect all the information collections from the participants. The quality reporting is about the details that is provided. The data analysis shows the findings of the research or practical base accurately. Trustworthiness means the quality should remain high quality. (Connely, 2016).

There weren't many research publications available, and the authors had problems finding relevant information during the data research procedure on female adolescents during pu in Zambia going through puberty. Some articles were limited because of special authorizations needed for restricted access, and some articles were over ten years old.



#### 7.4 Conclusions, Recommendations and Limitation

The goal is to provide more information to the health care professionals and school teachers in helping and supporting these young female adolescents during puberty stage. The power- point presentation will give the knowledge and education on how other different culture does during the female adolescent puberty. This research PowerPoint will provide more awareness and understanding to the teachers or nurses on how to prevent fear, anxiety during female adolescent puberty.

Powerpoint presentations will make a great illustration for this thesis as it will assist teachers and nurses in counselling female adolescents and providing the resources such as communication support, support groups, social work and the female education. More knowledge and understand on how to prevent and help the young female adolescent during all they might think as the most crucial time of their life which might not necessary the case it is because they are in a transitioning stage.

The limitations In carrying out this thesis were the time management and difficulty in getting the commissioning partner. The authors sent emails to different schools and tried their best in getting a school to present the PowerPoint, but all to no avail. In the other end, finding articles to reference the write up was challenging as they are few articles about this topic. Hopefully, with the efforts from the authors and the time that was used in the completion of the thesis will be useful to people who wants to know more about this topic. we would like to thank our teacher for the poisitive feedbacks an guiding us when writing the thesis.

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## Appendix 1. Power Point



### Zambian Culture

- Zambia
- Chisungu
- Bana Chimbusa
- The initiation rituals
- References



## Zambia



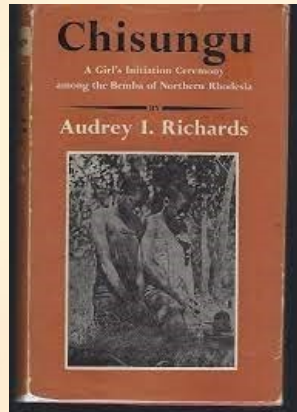
- Zambia is a country located in the South-Central or Southern part of Africa. The capital city of Zambia is Lusaka, located in the southern-central of the country. There are different tribes and ethnic groups in Zambia.

## What is Chisungu?

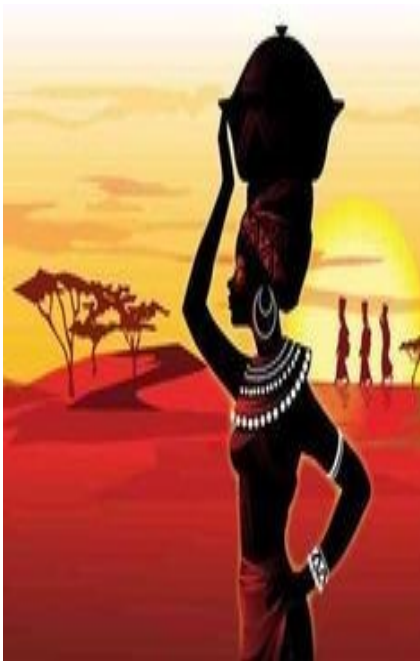


- Chisungu is a cultural way that serves to transfer young female status from one status to another as she reaches puberty. The Chisungu are purely connected to the supernatural rituals, which ensure and believe that they can cause changes in the adolescents undergoing chisungu, meaning from puberty stage to young adults. During the time of the chisungu, there are strong rituals and special teachings concerning marriage and the submission of a young female to her future husband later on in her life; these are very strong traditions and values of respect. (Fumpa-Makona, 2019.)

## The initiation rituals



- Initiation rites are constant ceremonies especially among Bemba people. These traditional rites have existed for decades and usually long-lasting ceremonies that can last up to a month (Richards, 2021).
- The studies of the initiation adolescent female puberty studies continues and remains as today. (Richards, 2021).



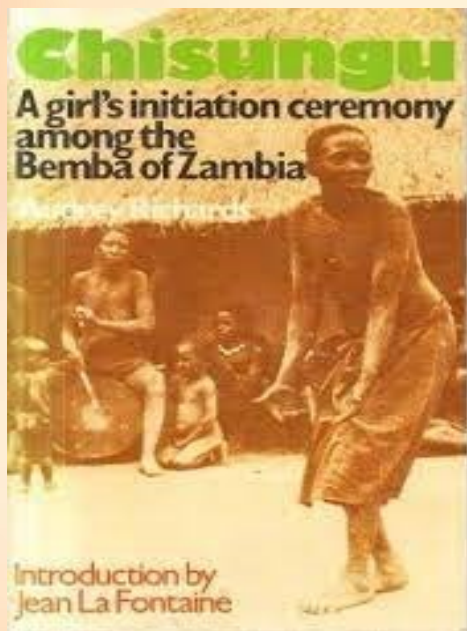
The woman carrying a pot on head is called "Bana chimbusa" the teacher and the three female adolescents called "Nachinsungu"



## Bana Chimbusa (The educator / Teacher



•The word BanaChimbusa Mbusa means an ancient religious role of a woman as teacher or educator . The teaching is to educate female adolescent into a woman. These teaching change the girls during the rites from young female to young adult. The teachings take at least a month, during this time the girl is not allowed to talk or do anything or get out of the house even though she is not mistreated but kept in the house for the teachings (Richard, 2021).



## Ceremony of female adolescence Zambia

These are the precious moment of celebration . The woman seeing in the picture is called bana chibusa ( the teacher or educator)



